

<h1>Wake up</h1>		<p>Get up, make your bed, eat breakfast, brush teeth etc.</p>
<h1>Exercise</h1>		<p>Go for a family walk, play in the garden, complete a cosmic kids yoga routine or do a Joe Wicks HIIT <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a> (workouts go live at 9am each morning).</p>
<h1>Work time</h1>		<p>Complete a selection of activities from your home learning pack and look on the blog for more ideas.</p>
<h1>Play</h1>		<p>Find some toys to play with independently, maybe you could start a project making something out of lego or craft?</p>
<h1>Lunch</h1>		<p>Remember to help prepare and tidy up!</p>
<h1>Play</h1>		<p>Find some toys to play with independently, maybe you could start a project making something out of lego or craft?</p>
<h1>Work time</h1>		<p>Complete a selection of activities from your home learning pack and look on the blog for more ideas.</p>
<h1>Free time</h1>		<p>Have some down time before bed, read a book, play some games, go for a walk etc. Help prepare some dinner and make sure you do some chores to help around the house.</p>